

Candidate Physical Ability Test (CPAT)

Revised 10/29/2010

Welcome to the Seminole County Fire Department Candidate Physical Ability Test (CPAT) page. This site will provide you:

- A detailed description of the CPAT.
- Information about the CPAT orientation, practice, and testing.
- Basic exercise concepts in preparation for taking the CPAT.
- Information on dates and how to register.

Firefighting requires above-average aerobic and anaerobic capacity, muscular endurance, strength and flexibility. The Candidate Physical Ability Test (CPAT) is a standardized physical ability test designed to identify individuals who have the physical attributes to perform the job of a firefighter.

The CPAT is offered several times throughout the year. You must pass the CPAT prior to applying for employment with Seminole County Fire Department. CPAT certification is good for twelve (12) months for employment with the Seminole County Fire Department,

Seven Steps to CPAT Certification: (details below)	
1.	Registration
2.	Payment
3.	Required forms
4.	Orientation and preparation
5.	What to wear, what to bring
6.	Complete CPAT
7.	Receive certificate

1. Registration

To register for the CPAT, including orientation and practice sessions, please visit our website located at <http://training.seminolecountyfl.gov>. All orientation sessions, practice sessions, and the CPAT will be conducted at the following location:

Seminole County Fire/EMS Training Center
201 Valentine Way
Longwood, FL 32750-3749

Please Note:

- > Orientation Sessions – An orientation session is a prerequisite to the test.
- > Practice Sessions – If a candidate declines both practice sessions, a waiver must be signed.

2. Payment

A fee is required for the CPAT, which includes the orientation sessions and timed practice sessions. **This fee must be received two weeks prior to orientation.** Only certified checks or money orders are accepted. (No cash, debit/credit cards, or personal checks accepted.) Please make payable to **Seminole County BCC** and mail to the following address:

Seminole County Fire/EMS Training Center
201 Valentine Way
Longwood, FL 32750

3. Required forms

You must print and complete the [Candidate Information Form](#), [Medical Release Form](#) and [Release From Liability Form](#) prior to your participation in the orientation sessions, the timed practice sessions, or the final CPAT.

4. Orientation and preparation

The candidate may wish to print and review the [CPAT Orientation Guide](#) and [CPAT Candidate Preparation Guide](#) prior to attending orientation.

Orientation is an official part of the CPAT and is intended to provide the candidate with an overview of the actual test. During orientation, candidates will have an opportunity to see the CPAT layout and ask questions of a test proctor. The CPAT consists of eight separate job-related physical tasks performed in a continuous sequence. The Orientation Guide provides a detailed description of the course and explains the "Pass/Fail" scoring system.

The orientation session is scheduled approximately eight weeks before the CPAT and contains critical information about preparing for the test. At orientation, instructors will review the CPAT Candidate Preparation Guide and will view two videos, [CPAT TEST](#) and [CPAT SUCCESS](#) with the candidates. The Preparation Guide contains basic exercise concepts and specific CPAT physical training tips, while the videos illustrate the eight tasks of the CPAT. With a better understanding of the nature of the test, the candidate can use the ensuing eight weeks to prepare physically to take the test. Conscientious physical preparation will improve the candidate's chance for successful completion of the test.

CPAT Test:



Stair Climb



Hose Drag



Equipment Carry



Forcible Entry



Search



Rescue



Ceiling Breach & Pull



Ladder Raise & Extension

5. What to wear, what to bring

Candidates must present a valid driver's license at every session attended. Candidates must wear t-shirt, long pants, work gloves, and footwear with no open heel or toe while participating in practice and test sessions. Watches and loose or restrictive jewelry are not permitted.

Note:

Candidates **must** bring their completed forms to orientation.

6. Complete CPAT

Successfully complete the final CPAT.

7. Receive certificate

Your CPAT certificate will be issued the day you pass the exam or mailed to you within 3-5 business days.